

# Cancer Support Services

Cancer Support Services at Sylvester offers a variety of Zoom & In-Person Sessions. For Zoom Sessions, at the scheduled time, simply follow the link to join the meeting. If you have not used ZOOM, you will be prompted to download the program. Participant names cannot be removed, so please sign on using an alias. Participant video is disabled; please leave it off and mute your audio unless you wish to ask a question.

Time	Monday 01/29	Tuesday 01/30	Wednesday 01/31	Thursday 02/01	Friday 02/02
10 AM	CHAIR YOGA VIRTUAL <a href="https://miami.zoom.us/j/7853023017">https://miami.zoom.us/j/7853023017</a>			CHAIR YOGA VIRTUAL <a href="https://miami.zoom.us/j/7853023017">https://miami.zoom.us/j/7853023017</a>	
10:30 AM					Creative Care: Art Therapy Group <a href="https://miami.zoom.us/j/98736055619">miami.zoom.us/j/98736055619</a>
11 AM				Sylvester Music Project: Diana Rada-Torres, Harpist SCCC/UMHC Lobby	
12 PM			Sylvester Music Project: Robert Billington, Flute SCCC/UMHC Lobby		Sylvester Music Project: LGEM Duo SCCC/UMHC LOBBY
1 PM		Sylvester Music Project: Eric Swanson Guitarist Hollywood		Sylvester Music Project: Eric Swanson Guitarist Plantation	Get Fit with Chris: Advanced <a href="https://miami.zoom.us/j/9718861460">https://miami.zoom.us/j/9718861460</a>  Music and Stretching: Music and Yoga Therapy Group Lennar 220/222
2 PM		Sylvester Music Project: Danny Montana SCCC/UMHCCTU			
3 PM		Me, Myself, and Art: Art Therapy Group <a href="https://miami.zoom.us/j/98736055619">miami.zoom.us/j/98736055619</a>			
6 PM		Survivorship Choir Lennar Lobby & Zoom <a href="https://miami.zoom.us/j/470397942">miami.zoom.us/j/470397942</a>			

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Complete calendar with links can be found at:  
<https://umiamihealth.org/en/sylvester-comprehensive-cancer-center/classes-and-events>

